

## Free Webinar

# Coping with Stress and Depression

For family caregivers, human resources managers, EAP professionals,  
and adults concerned about themselves or others

**Presented by Timothy Petersen, Ph.D.**  
**Tuesday, December 8, 7:00 – 8:00 PM ET**

Many things in our lives cause us stress, affecting our overall health and quality of life. Sometimes what we think is stress might be depression.

**How can you recognize the difference between stress and depression and know when and how to get help?**

**Watch our Coping with Stress & Depression Webinar and learn from Dr. Timothy Petersen, as he discusses**

- Practical ways to reduce the effects of stress
- How to recognize signs of depression
- What to do if you or someone you know is suffering from depression
- What resources are available to you and your family



Watch the webinar live to submit questions to Dr. Petersen!

After the webinar, complete the online evaluation and we'll send you a **free** Coping with Stress brochure.

**Dr. Timothy Petersen** is a psychologist in the Massachusetts General Hospital Department of Psychiatry and the Military Home Base Program and is on the faculty of Harvard Medical School. He is the author or co-author of over 70 scholarly articles, numerous book chapters, and books including The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy. Dr. Petersen's clinical specialty is cognitive behaviorally-based interventions for difficult to treat mood disorders.

**Register at [www.familyaware.org/trainings](http://www.familyaware.org/trainings)**

Can't attend the live webcast? Register today and watch the recorded webinar later at your convenience.

**Families for Depression Awareness** is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.  
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